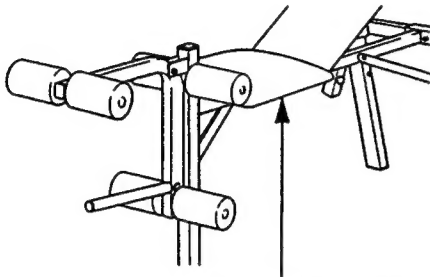


weider® WFS

WEIDER FITNESS SYSTEM

Model No. WB1430

Serial No. _____



Serial Number Decal (Under Seat)

QUESTIONS?

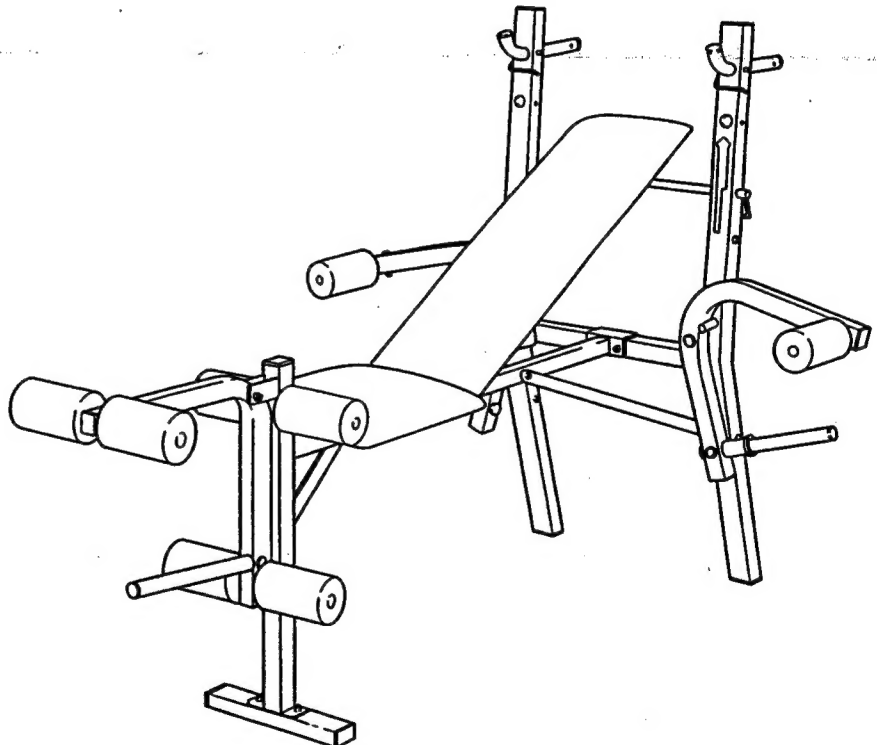
As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or find there are missing or damaged parts, we will guarantee you complete satisfaction through direct assistance from our factory. TO AVOID UNNECESSARY DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE CUSTOMER HOT LINE. The trained technicians on our customer hot line will provide immediate assistance, free of charge to you.

CUSTOMER HOT LINE:
1-800-225-0653, Mon.-Fri.,
6 a.m.-6 p.m. Mountain Time

CAUTION!

Read all safety precautions and instructions in this owner's manual before using this equipment. Save this owner's manual for future reference.

SERIES 143



OWNER'S MANUAL

TABLE OF CONTENTS

IMPORTANT SAFETY PRECAUTIONS	2
BEFORE YOU BEGIN	3
ASSEMBLY	4
ADJUSTING THE WEIGHT BENCH	9
PART LIST	10
EXPLODED DRAWING	11
ORDERING REPLACEMENT PARTS	Back Cover
LIMITED WARRANTY	Back Cover

IMPORTANT SAFETY PRECAUTIONS

WARNING: To reduce the risk of serious injury, read the following important safety precautions before using the weight bench.

1. Read all instructions in this manual before using the weight bench.
2. Use the weight bench only on a level surface. It is recommended that the floor beneath the weight bench be covered for protection.
3. Inspect and tighten all parts each time you use the weight bench. Replace any worn parts immediately.
4. Keep small children away from the weight bench at all times.
5. Keep hands and feet away from moving parts.
6. Always wear athletic shoes for foot protection while exercising.
7. The weight bench does not include weights. The weight bench is designed to support a maximum of 460 pounds, including the user, a weight bar and weights. Do not place more than 210 pounds, including a weight bar and weights, on the weight rest/dip handles. Do not place more than 125 pounds on the leg lever. Do not place more than 50 pounds on each arm.
8. When using the backrest in an inclined position, make sure that the backrest bar is inserted completely through both sides of the "H"-frame, and that the backrest bar is turned to the locked position.
9. When using the weight rest/dip handles, make sure that the adjustment pins are inserted through the weight rest/dip handles, and that the adjustment pins are turned to the locked position.
10. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.

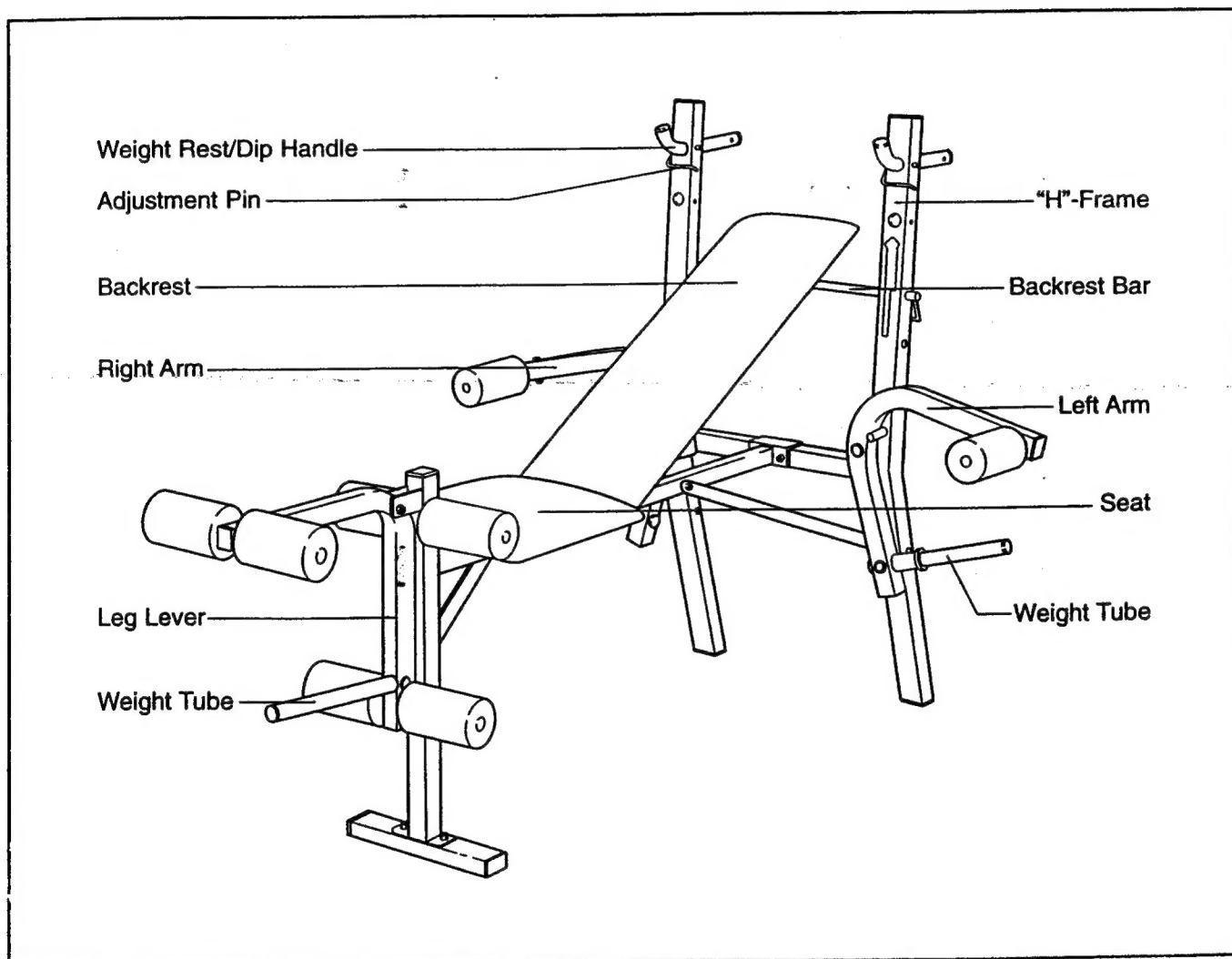
WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. WEIDER assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

BEFORE YOU BEGIN

Thank you for selecting the versatile WEIDER® WFS SERIES 143 Weight Bench. The SERIES 143 Weight Bench is designed to be used with your own weight set (not included) to let you develop every major muscle group of the body. Whether your goal is a shapely figure, dramatic muscle size and strength, or a healthier cardiovascular system, the SERIES 143 Weight Bench will help you to achieve the specific results you want.



For your safety and benefit, read this manual carefully before using the WEIDER® WFS SERIES 143 Weight Bench. If you have additional questions, please call our Customer Service Department toll-free at 1-800-225-0653, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number is WB1430. The serial number can be found on a decal attached to the SERIES 143 Weight Bench (see the front cover of this manual).

Before reading further, please look at the drawing below and familiarize yourself with the parts that are labeled.



ASSEMBLY

Place all parts of the weight bench in a cleared area and remove the packing materials. **Do not dispose of the packing materials until assembly is completed.** Read each step and look at each drawing carefully. As you assemble the weight bench, make sure that all parts are oriented exactly as shown in the drawings. **Tighten all parts as you attach them, unless instructed to do otherwise.** For help identifying the small parts used in assembly, refer to the PART IDENTIFICATION CHART below. The number in parenthesis below each part drawing refers to the key number of the part. The second number refers to the quantity needed for assembly. Note: If a small part is not found in the parts bag, it may have been pre-attached to one of the parts to be assembled.

Assembly requires the following tools (not included): Two adjustable wrenches  and a standard screwdriver . Grease and a small bowl of soapy water are also needed.

PART IDENTIFICATION CHART



1/4" Nylock Nut (36)-5



5/16" Jam Nut (6)-5



5/16" Nylock Nut (15)-3



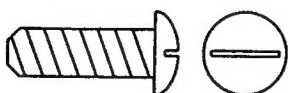
3/8" Nylock Nut (41)-1



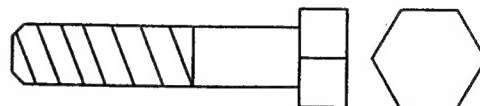
1/4" Flat Washer (43)-2



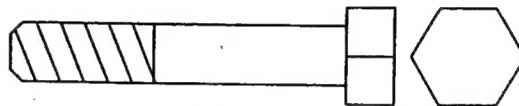
1/2" x 7/16" Metal Spacer (42)-2



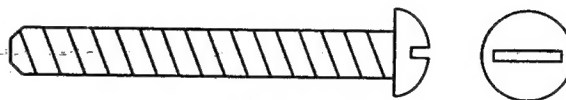
1/4" x 3/4" Screw (4)-6



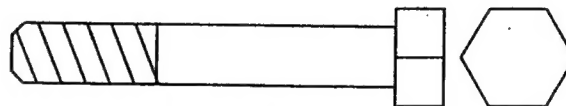
5/16" x 1 1/2" Bolt (10)-1



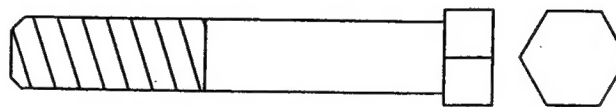
5/16" x 1 3/4" Bolt (3)-4



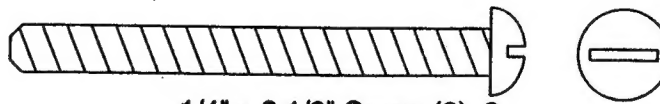
1/4" x 2" Screw (5)-3



5/16" x 2" Bolt (2)-2



3/8" x 2 1/4" Bolt (14)-1

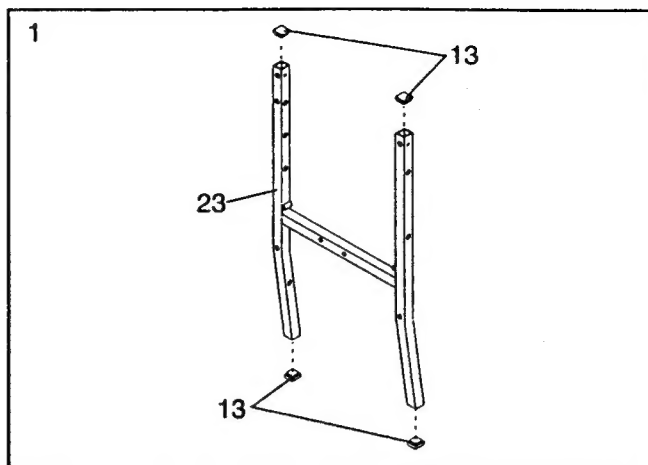


1/4" x 2 1/2" Screw (8)-2



5/16" x 3" Bolt (1)-1

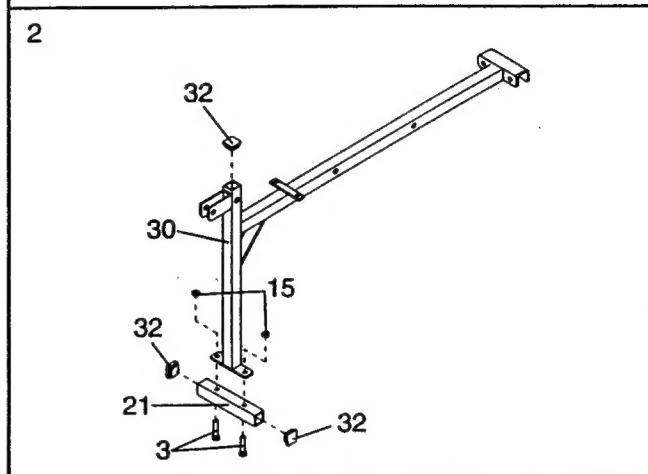
1. Press the four 1 1/2" x 2" Inner Caps (13) into the "H"-Frame (23).



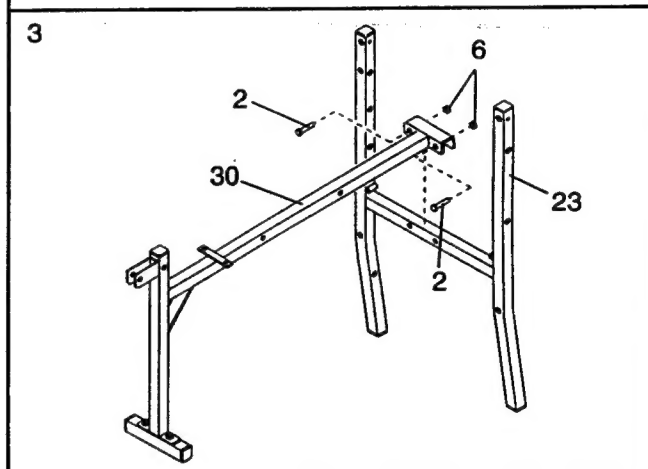
2. Press a 1 1/2" x 1 1/2" Inner Cap (32) into the Main Frame (30).

Press a 1 1/2" x 1 1/2" Inner Cap (32) into each end of the Base (21).

Attach the Base (21) to the Main Frame (30) with two 5/16" x 1 3/4" Bolts (3) and two 5/16" Nylock Nuts (15).



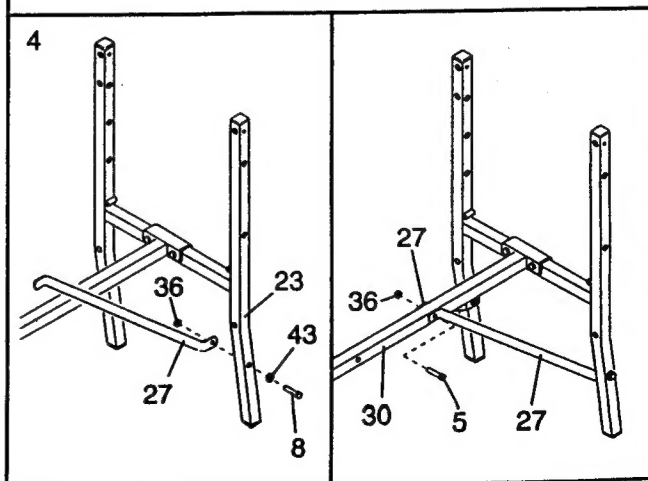
3. Attach the Main Frame (30) to the "H"-Frame (23) with the two 5/16" x 2" Bolts (2) and two 5/16" Jam Nuts (6). Make sure that the "H"-Frame is turned so the lower end bends in the direction shown.



4. Attach a Brace (27) to one side of the "H"-Frame (23) with a 1/4" x 2 1/2" Screw (8), a 1/4" Flat Washer (43), and a 1/4" Nylock Nut (36) as shown. **Do not tighten the Nylock Nut yet.**

Attach the other Brace (27) to the other side of the "H"-Frame (23) in the same manner.

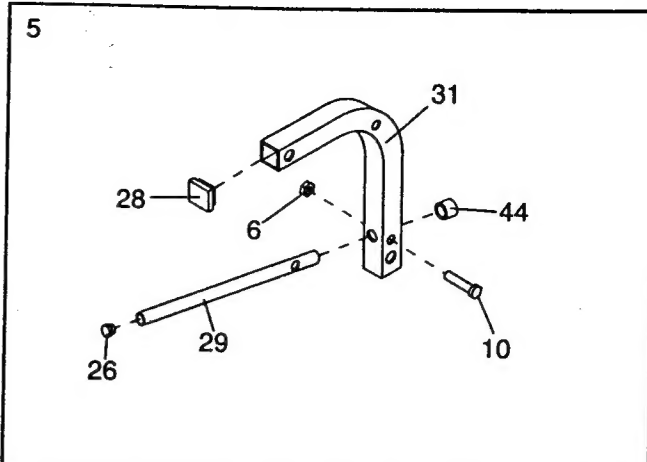
Attach both Braces (27) to the Main Frame (30) with a 1/4" x 2" Screw (5) and a 1/4" Nylock Nut (36). **Tighten all Nylock Nuts used in this assembly step.**



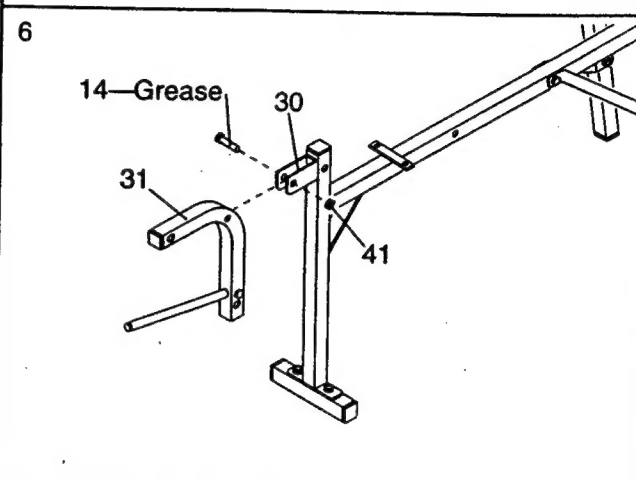
5. Press the 1 1/4" x 1 1/4" Inner Cap (28) into the indicated end of the Leg Lever (31).

Attach the 11" Weight Tube (29) to the Leg Lever (31) with the 5/16" x 1 1/2" Bolt (10) and a 5/16" Jam Nut (6) as shown.

Press a 1" Round Inner Cap (26) into the indicated end of the 11" Weight Tube (29). Press the 1" Round Outer Cap (44) onto the other end of the Weight Tube.



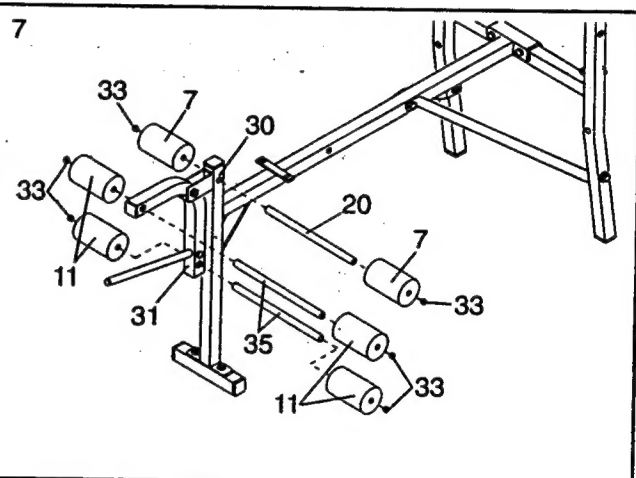
6. Apply grease to the 3/8" x 2 1/4" Bolt (14). Attach the Leg Lever (31) to the Main Frame (30) with the 3/8" x 2 1/4" Bolt and the 3/8" Nylock Nut (41).



7. Press 3/4" Round Caps (33) into the ends of the 13 1/2" Pad Tube (20) and the two 11 1/4" Pad Tubes (35).

Insert the 13 1/2" Pad Tube (20) through the indicated hole in the Main Frame (30). Insert the 11 1/4" Pad Tubes (35) through the holes in the Leg Lever (31).

Slide a 6" Foam Pad (7) onto each end of the 13 1/2" Pad Tube (20). Slide 5" Foam Pads (11) onto the ends of the 11 1/4" Pad Tubes (35).

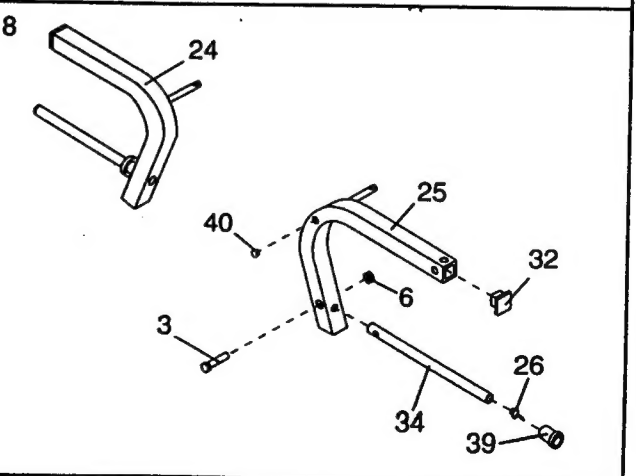


8. Press a 1 1/2" x 1 1/2" Inner Cap (32) into the indicated end of the Left Arm (25). Press a 7/8" Round Inner Cap (40) into the indicated hole in the Left Arm.

Attach an 11 3/4" Weight Tube (34) to the Left Arm (25) with a 5/16" x 1 3/4" Bolt (3) and a 5/16" Jam Nut (6).

Press a 1" Round Cap (26) into the indicated end of the 11 3/4" Weight Tube (34). Slide a Weight Stop (39) onto the Weight Tube.

Repeat this assembly step with the Right Arm (24).



9. Press a Flanged Plastic Sleeve (38) into the tube on the indicated side of the "H"-Frame (23). Apply grease to the axle on the Left Arm (25). Insert the axle through the tube and the Flanged Plastic Sleeve. Insert a Spring Clip (37) into the axle. Make sure that the Spring Clip snaps into the hole near the end of the axle.

Attach the Right Arm (24) in the same manner.

Insert the two "L"-Pins (45) into the indicated holes in the "H"-Frame (23). Turn the bent ends of the "L"-Pins downward. Make sure that the Arms (24, 25) are resting on the "L"-Pins.

10. Attach an 9" Pad Tube (19) to the Left Arm (25) with a 1/4" x 2" Screw (5) and a 1/4" Nylock Nut (36). Slide a 5" Foam Pad (11) onto the Pad Tube.

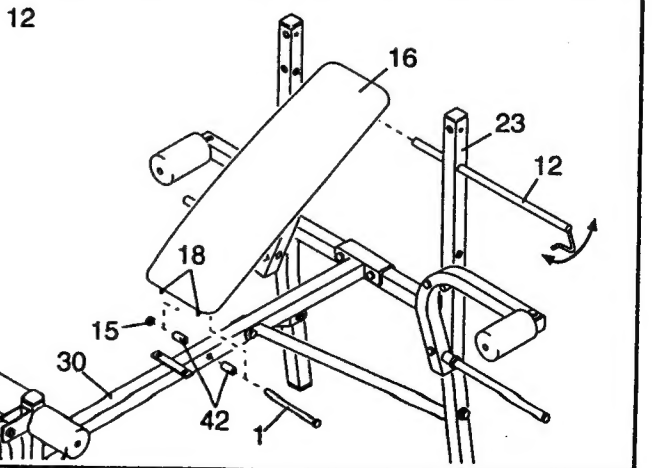
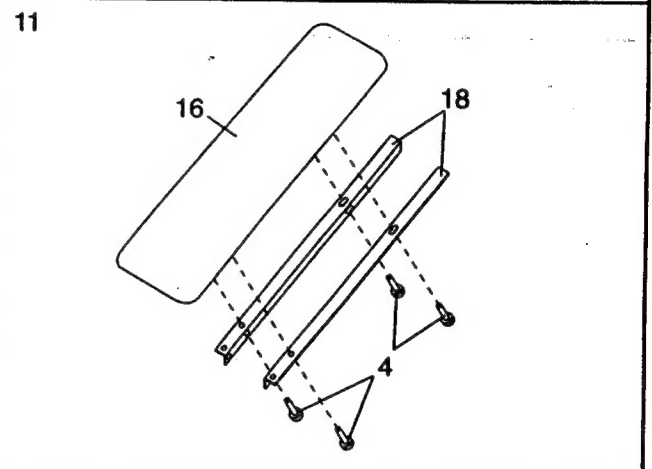
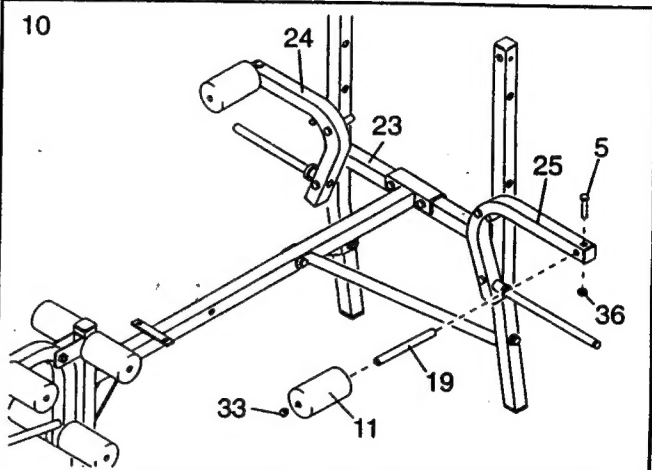
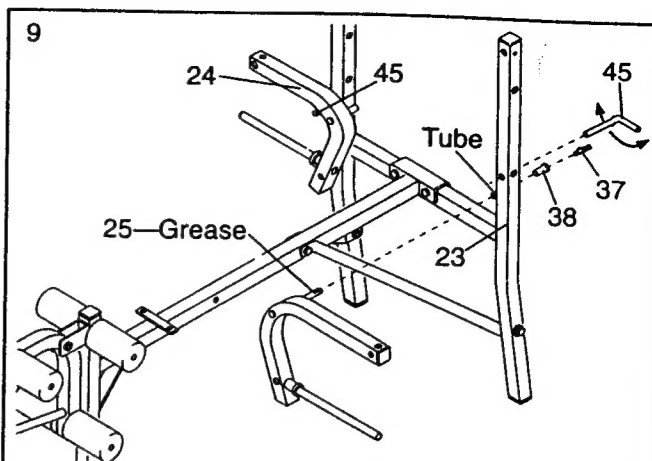
Press a 3/4" Round Cap (33) into the indicated end of the 9" Pad Tube (19).

Repeat this assembly step with the Right Arm (24).

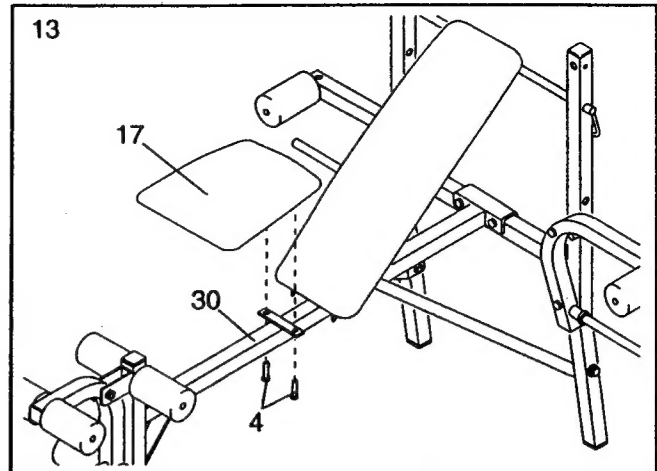
11. Attach the two Backrest Brackets (18) to the Backrest (16) with four 1/4" x 3/4" Screws (4). Make sure that the Backrest Brackets and the Backrest are oriented as shown.

12. Insert the Backrest Bar (12) through one of the two sets of holes in the "H"-Frame (23). Rotate the Backrest Bar to the locked position, with the end of the Backrest Bar clipped onto the "H"-Frame.

Attach the Backrest Brackets (18) to the Main Frame (30) with the 5/16" x 3" Bolt (1), the two 1/2" x 7/16" Metal Spacers (42), and a 5/16" Nylock Nut (15). Rest the Backrest (16) on the Backrest Bar (12).



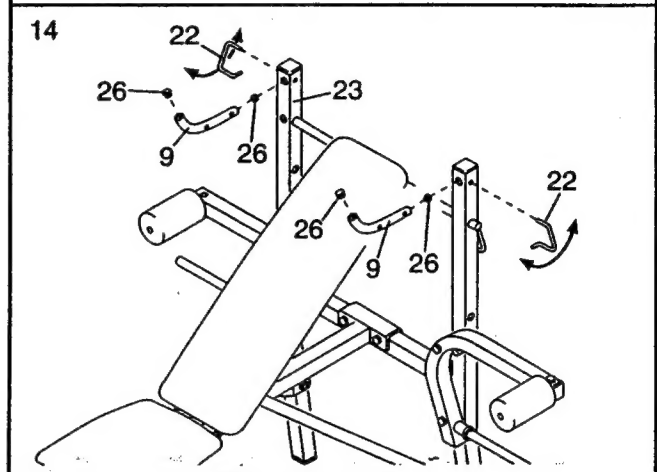
13. Attach the Seat (17) to the indicated bracket on the Main Frame (30) with two 1/4" x 3/4" Screws (4).



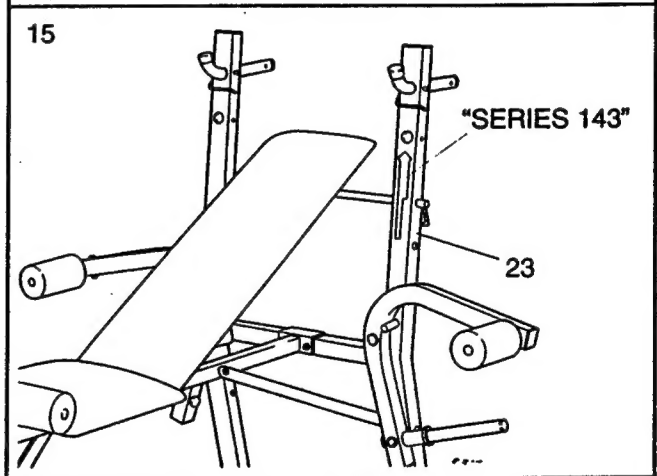
14. Press 1" Round Caps (26) into the ends of both Weight Rest/Dip Handles (9).

Insert a Weight Rest/Dip Handle (9) into one side of the "H"-Frame (23). Insert an Adjustment Pin (22) through the "H"-Frame and the hole near the center of the Weight Rest/Dip Handle. Rotate the Adjustment Pin to the locked position, with the Adjustment Pin clipped onto the "H"-Frame.

Attach the other Weight Rest/Dip Handle (9) to the "H"-Frame (23) in the same manner.



15. Apply the "SERIES 143" decal to the "H" Frame (23) in the indicated location.



ADJUSTING THE WEIGHT BENCH

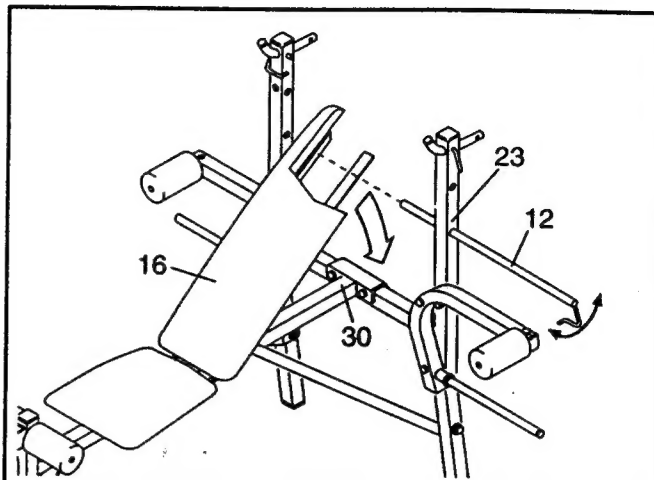
The weight bench is designed to be used with your own weight set (not included). The steps below explain how the weight bench can be adjusted. The exercise guide accompanying this manual shows a selection of exercises that can be performed using the weight bench.

Inspect and tighten all parts each time you use the weight bench. Replace any worn parts immediately. The weight bench can be cleaned with a damp cloth and a mild, non-abrasive detergent. Do not use solvents.

ADJUSTING THE BACKREST

The Backrest (16) can be used in either a level position or an inclined position. To use the Backrest in a level position, remove the Backrest Bar (12) and lay the Backrest on the Main Frame (30).

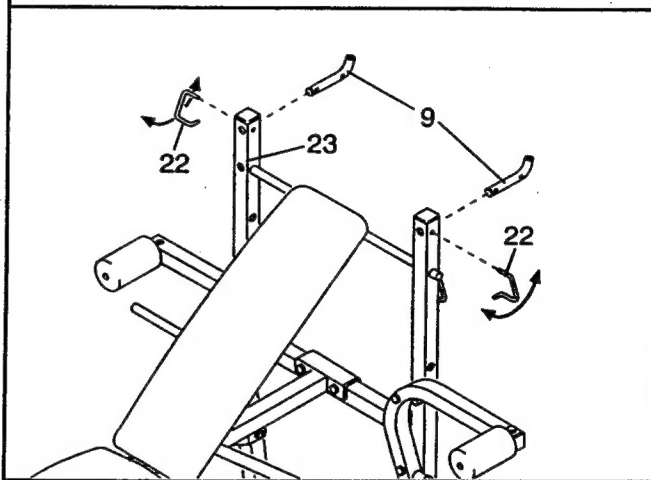
To use the Backrest in an inclined position, first lift the Backrest (16). Insert the Backrest Bar (12) through one of the two sets of holes in the "H"-Frame (23). Rotate the Backrest Bar to the locked position, with the end of the Backrest Bar clipped onto the "H"-Frame. Lay the Backrest on the Backrest Bar.



ADJUSTING THE WEIGHT REST/DIP HANDLES

To use the Weight Rest/Dip Handles (9) as weight rests, attach them to the "H"-Frame (23) as shown in assembly step 14 (see page 8). **WARNING: Do not place more than 210 pounds, including a weight bar and weights, on the Weight Rest/Dip Handles.**

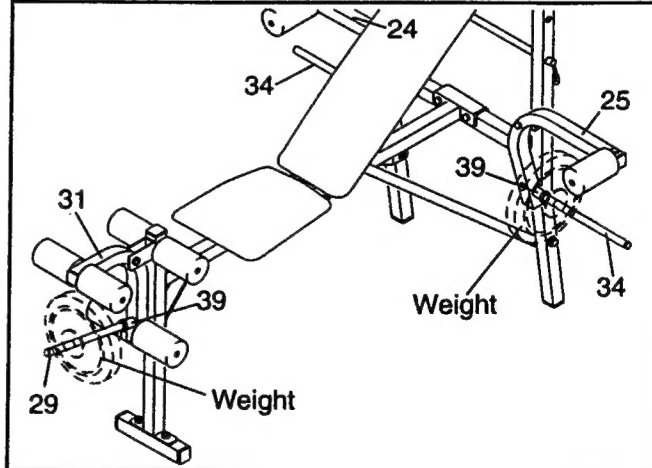
To use the Weight Rest/Dip Handles (9) as dip handles, insert them into the "H"-Frame (23) from the indicated side. Insert the Adjustment Pins (22) through the "H"-Frame and the holes near the ends of the Weight Rest/Dip Handles. Rotate the Adjustment Pins to the locked position, with the Adjustment Pins clipped onto the "H"-Frame.



ATTACHING WEIGHTS

To use the Leg Lever (31), first slide a Weight Stop (39) onto the Weight Tube (29). Next, slide the desired weights onto the Weight Tube. **WARNING: Do not place more than 125 pounds on the Leg Lever.**

To use the Arms (24, 25), first slide a Weight Stop (39) onto each Weight Tube (34). Next, slide the desired weights onto the Weight Tubes. **WARNING: Do not place more than 50 pounds on each Arm.**



PART LIST—Model No. WB1430

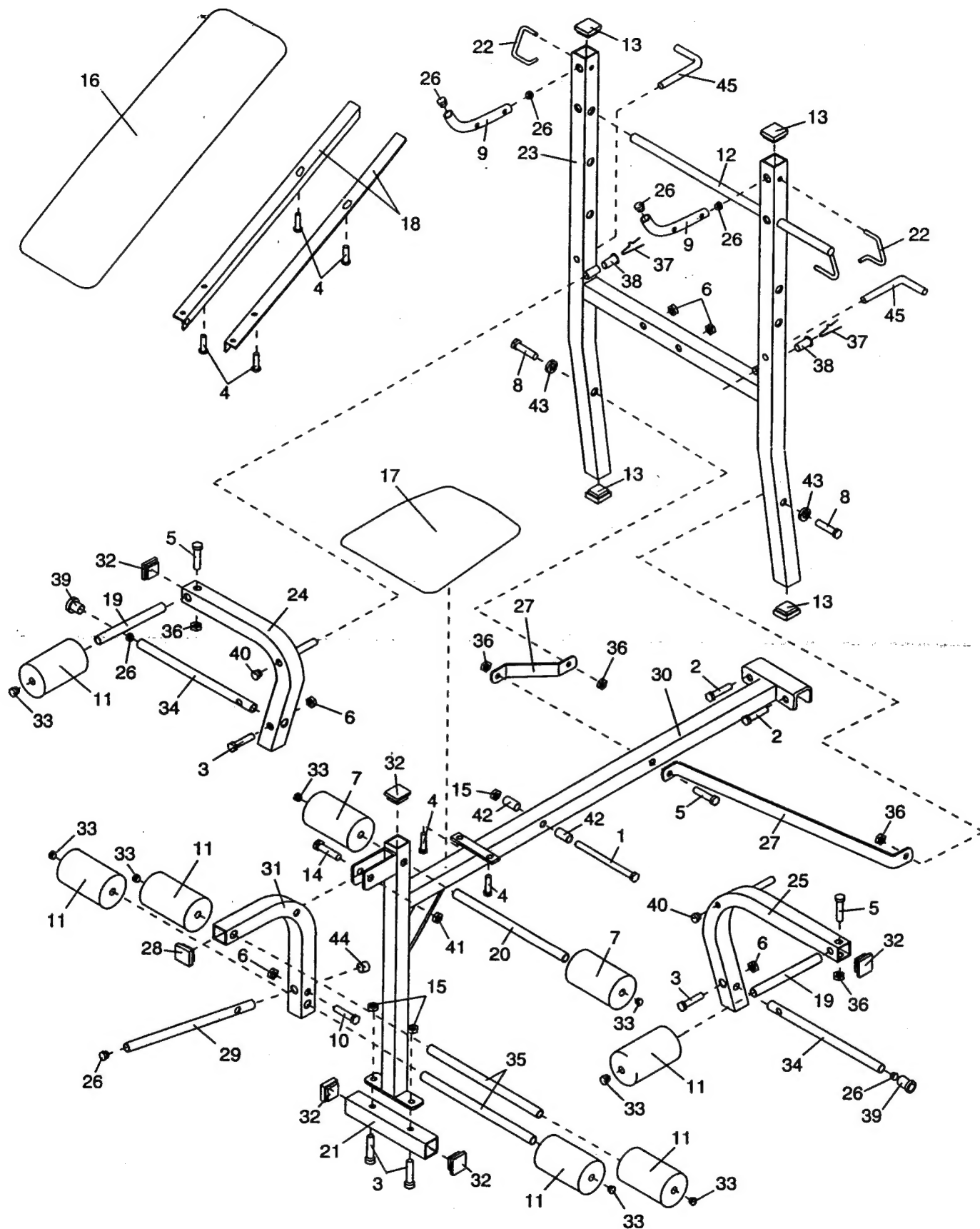
R1094A

Key			Key		
No.	Qty.	Description	No.	Qty.	Description
1	1	5/16" x 3" Bolt	24	1	Right Arm
2	2	5/16" x 2" Bolt	25	1	Left Arm
3	4	5/16" x 1 3/4" Bolt	26	7	1" Round Inner Cap
4	6	1/4" x 3/4" Screw	27	2	Brace
5	3	1/4" x 2" Screw	28	1	1 1/4" x 1 1/4" Inner Cap
6	5	5/16" Jam Nut	29	1	11" Weight Tube
7	2	6" Foam Pad	30	1	Main Frame
8	2	1/4" x 2 1/2" Screw	31	1	Leg Lever
9	2	Weight Rest/Dip Handle	32	5	1 1/2" x 1 1/2" Inner Cap
10	1	5/16" x 1 1/2" Bolt	33	8	3/4" Round Inner Cap
11	6	5" Foam Pad	34	2	11 3/4" Weight Tube
12	1	Backrest Bar	35	2	11 1/4" Pad Tube
13	4	1 1/2" x 2" Inner Cap	36	5	1/4" Nylock Nut
14	1	3/8" x 2 1/4" Bolt	37	2	Spring Clip
15	3	5/16" Nylock Nut	38	2	Flanged Plastic Sleeve
16	1	Backrest	39	2	Weight Stop
17	1	Seat	40	2	7/8" Round Inner Cap
18	2	Backrest Bracket	41	1	3/8" Nylock Nut
19	2	9" Pad Tube	42	2	1/2" x 7/16" Metal Spacer
20	1	13 1/2" Pad Tube	43	2	1/4" Flat Washer
21	1	Base	44	1	1" Round Outer Cap
22	2	Adjustment Pin	45	2	"L"-Pin
23	1	"H"-Frame	#	1	Owner's Manual
24	1	Right Arm	#	1	Decal

"#" indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover for information on ordering replacement parts.

EXPLODED DRAWING—Model No. WB1430

R1094A



ORDERING REPLACEMENT PARTS

To order replacement parts, simply call our Customer Service Department toll-free at 1-800-225-0653, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please be prepared to give the following information when calling:

1. The MODEL NUMBER of the product (WB1430).
2. The NAME of the product (WEIDER® WFS SERIES 143 Weight Bench).
3. The SERIAL NUMBER of the product (see the front cover of this manual).
4. The KEY NUMBER and DESCRIPTION of the desired part(s) (see page 10 of this manual).

LIMITED WARRANTY

Weider, Inc. ("WEIDER"), warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of ninety (90) days from the date of purchase. This warranty extends only to the original purchaser. WEIDER's obligation under this warranty is limited to replacing or repairing, at WEIDER's option, the product at one of its authorized service centers. All products for which warranty claim is made must be received by WEIDER at one of its authorized service centers with all freight and other transportation charges prepaid, accompanied by sufficient proof of purchase. All returns must be pre-authorized by WEIDER. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by a WEIDER authorized service center or for products used for commercial or rental purposes. No other warranty beyond that specifically set forth above is authorized by WEIDER.

WEIDER IS NOT RESPONSIBLE OR LIABLE FOR INDIRECT, SPECIAL OR CONSEQUENTIAL DAMAGES ARISING OUT OF OR IN CONNECTION WITH THE USE OR PERFORMANCE OF THE PRODUCT OR OTHER DAMAGES WITH RESPECT TO ANY ECONOMIC LOSS, LOSS OF PROPERTY, LOSS OF REVENUES OR PROFITS, LOSS OF ENJOYMENT OR USE, COSTS OF REMOVAL, INSTALLATION OR OTHER CONSEQUENTIAL DAMAGES OF WHATSOEVER NATURE. SOME STATES DO NOT ALLOW THE EXCLUSION OR LIMITATION OF INCIDENTAL OR CONSEQUENTIAL DAMAGES. ACCORDINGLY, THE ABOVE LIMITATION MAY NOT APPLY TO YOU.

THE WARRANTY EXTENDED HEREUNDER IS IN LIEU OF ANY AND ALL OTHER WARRANTIES AND ANY IMPLIED WARRANTIES OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE IS LIMITED IN ITS SCOPE AND DURATION TO THE TERMS SET FORTH HEREIN. SOME STATES DO NOT ALLOW LIMITATIONS ON HOW LONG AN IMPLIED WARRANTY LASTS. ACCORDINGLY, THE ABOVE LIMITATION MAY NOT APPLY TO YOU.

This warranty gives you specific legal rights. You may also have other rights which vary from state to state.

WEIDER, INC., 1500 S. 1000 W., LOGAN, UT 84321-9813